

2007 WINTER and SPRING



Green Lake Small Craft Center

Rowing, Sailing, Canoeing, and Kayaking

www.seattle.gov/parks/boats/grnlake.htm



MISSION:

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

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NEW!

REGISTER ONLINE - it's easy!
www.seattle.gov/parks

SPARC

5900 West Green Lake Way North — Seattle, Washington 98103 — 206.684.4074

Policies and Procedures

Payment

You can pay for classes by mail, in person during office hours, or by telephone with a credit card. We accept Visa, MasterCard, and American Express. Payment is due when you register. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$25 fee.

Fees and Charges

As Advisory Council activities are self-sustaining, we rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

ADA Compliance

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodation, please call 206-615-0140 or TDD 206-223-7061. If possible, please allow ten working days advance notice.

Non-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or presence of any sensory, mental or physical handicap. (Seattle Municipal code 18.12.280).

Financial Assistance

Our advisory councils want to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. Financial Assistance or low income rates are offered for most youth programs and some adult programs. Financial Assistance is limited to specific programs and are granted based on financial need. For further information or an application, please call us at 206-684-4074!



Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event, or program that is cancelled for any reason by the Department or Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a 10% or \$5 service charge, whichever is greater.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

Please read the entire policy for specific information, available upon request.

TWO BOATING LOCATIONS

The Green Lake Small Craft Center and the Mount Baker Rowing and Sailing Center are instructional facilities, designed to introduce the public to safe and enjoyable use of small crafts. **The centers do not rent boats.** Hours of operation vary, depending on program times. The two facilities offer comparable programs and opportunities. Citizens are encouraged to select the location which is most convenient.

GREEN LAKE SMALL CRAFT CENTER

5900 W Green Lake Way N
Seattle, WA 98103
PH: **206-684-4074**
FAX: 206-684-4042
E-mail: glrowing@aol.com
www.greenlakecrew.org
www.scn.org/rec/sckc

MOUNT BAKER ROWING AND SAILING CENTER

3800 Lake Washington Blvd S
Seattle, WA 98118
PH: **206-386-1913**
FAX: 206-386-1914
E-mail: mount.baker@seattle.gov

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use.

Citywide Pool and other Information

DIRECTIONS

or, How Do I Get To The Green Lake Small Craft Center By Car?

From Northbound or Southbound I-5: Take the 50th street exit and turn West. Stay on 50th to the intersection of Stone Way and Green Lake Way. Turn right and go 1/4 mile and veer left onto West Green Lake Way North. The facility is just ahead on the right, next to the Aqua Theater.

The Green Lake Small Craft Center is served by Metro Bus #16.

Lower Woodland Park, with ball fields, soccer fields, a running track, and tennis courts, as well as numerous picnic shelters, are just to the south and west of our facility. To reserve any of these for your family outing, please call **206-684-4077** (fields) or **206-684-4081** (picnics).

Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at 206-684-4950, or visit the web at <http://www.cityofseattle.net/parks/SpecialPops/index.htm>.

Green Lake Boat Rental:	206-527-0171
Green Lake Comm. Center:	206-684-0780
Evans Pool:	206-684-4961
Mount Baker Row & Sail:	206-386-1913

Parks & Rec. Information:	206-684-4075
Senior Programs, Parks:	206-684-4951
Seafair Information:	206-728-0123
Business Service Center:	206-684-5177

FLOAT TEST

Every Seattle Parks and Recreation participant must successfully pass a float test prior to the first water session of a small craft class. It is also a membership requirement for boating organizations sponsored by Parks. **The float test is valid for three years.** You can take a float test at any public swimming pool while under the supervision of a lifeguard certified by the American Red Cross.

Identification is required. You must float, tread water, or swim in place for ten minutes, in deep water while wearing long pants and a long sleeved shirt. In the final minute of the test you must put on a life vest while continuing to tread water.

Please call the pool ahead of time to arrange your float test, and bring along some type of picture ID.

If you would like to keep a copy of your float test, be sure to make a copy before you turn it in!

CITY POOLS

Ballard Pool	1471 NW 67th
Served by Metro Bus #15	206-684-4094
Evans Pool	7201 E Green Lake Dr N
Served by Metro Bus #16, 26, & 48	206-684-4961
Madison Pool	13401 Meridian Ave N
Served by Metro Bus #317	206-684-4979
Meadowbrook Pool	10515 35th Ave NE
Served by Metro Bus #64 & 65	206-684-4989
Medgar Evers Pool	500 23rd Ave E
Served by Metro Bus #3, 4, & 48	206-684-4766
Queen Anne Pool	1920 1st West
Served by Metro Bus #3, 4, & 13	206-386-4282
Rainier Beach Pool	8825 Rainier Ave S
Served by Metro Bus #7, 36, 42, 48, 106, & 107	206-386-1944
Southwest Pool	2801 SW Thistle
Served by Metro Bus #22	206-684-7440

**A Float Test may be taken at
any of the above City pools.
Personal identification is required.**

Youth Rowing

YOUTH ROWING

Rowing on a team is a great experience! Youth gain a sense of accomplishment and pride as they work to meet the physical and mental challenges of the sport of rowing. The class is open to boys and girls ages 13-18 and in grades 8-12. In classes they will learn the basic fundamentals of the stroke and boat handling, water safety, and care of equipment. All classes are 2 hours and are geared toward competitive rowing.

Registration for spring will begin at **9:00am Tuesday December 4th** and is due by 5pm on Wednesday, January 10. We will **enroll students on a first come, first served basis**. Occasional additional practices may be scheduled. There will be no crew on **February 19**.

The cost of this program also covers one local regatta. There are several additional regattas that everyone will attend, for which fees will be assessed separately. Scholarships and/or discounts are available for people with low incomes; please pick up an application form from the office.

If your athlete started rowing after June 1, 2006, please register him or her in the Novice program. Attendance is required for all Novices the first two weeks of practice.

♦GREEN LAKE

Novice : New to rowing as of June 1, 2006

Novice GIRLS

11719	M-F	3:30p.m.	Feb 1-May 21	*H	\$315
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Novice BOYS

11718	M-F	4:30p.m.	Feb 1-May 21	*H	\$315
			(class starts at 3:30 until March 9)		

Experienced: Previous rowing experience as of June 1, 2006

Experienced GIRLS

11717	M-F	3:30p.m.	Feb 1-May 21	*H	\$335
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Experienced BOYS

11716	M-F	4:30p.m.	Feb 1-May 21	*H	\$335
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WINTER CONDITIONING: YOUTH

Experience that great feeling of being fit and fast for the coming racing season. Our certified strength and conditioning instructors teach this 1.5 hour class; will give you the edge for rowing. Youth ages 13 to 18 are welcome. **Experienced rowers only.**

Both classes meet at 3:30p.m., Monday through Friday, from January 3 to February 2.

Girls:	11701	*H	\$100
Boys:	11700	*H	\$100

***H** There will be no classes will be held on the following Holiday dates: January 1; 15; February 17-19; April 8; May 26-28, June 16, 17.

***R** There will be no classes on Saturday, March 24 at Green Lake due to the Spring Rowing Regatta.

2006

Junior National Champions Girls Varsity 4x



Adult Rowing

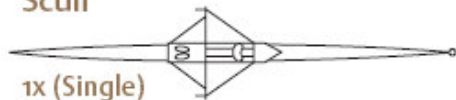
LEARN to ROW - ROWING I: Adults

Our Learn to Row classes teach the fundamentals of rowing. This “on the water” class will cover the basics of the rowing stroke, boat handling, water safety, rowing terms, coxing skills, and equipment care. Students begin with dockside rowing and quickly progress to rowing eight-oared racing shells. Sculling is done with two oars per person, and sweep rowing is with one oar per person. Satisfactory completion of this class will qualify you for our novice rowing program. Classes meet for 2 hours, for a total of 20 hours of instruction and start times are listed. We row rain or shine, so come prepared!

Sweep					Sculling				
11696	SSu	11a.m.	Feb 10-Mar 18	*H \$107	11697	MWF	9a.m.	Feb 5-Feb 28	*H \$107
12716	SSu	11a.m.	Mar 31-May 5	*H \$107	11698	SSu	11a.m.	Feb 10-Mar 18	*H \$107
12718	MW	6:30p.m.	Apr 9-May 9	\$107	11699	MWF	9a.m.	Mar 5-Mar 26	\$107
12719	SSu	11a.m.	May 12-Jun 24	*H \$107	12704	SSu	11a.m.	Mar 31-May 5	*H \$107
12724	MW	5:30am	May 14-Jun 18	*H \$107	12706	MWF	9a.m.	Apr 2-Apr 23	\$107
12722	MW	6:30pm	May 14-Jun 18	*H \$107	12709	MWF	9a.m.	Apr 30-May 21	\$107
					12714	SSu	11a.m.	May 12-Jun 24	*H \$107

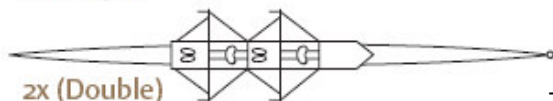
Types of Boats

Scull



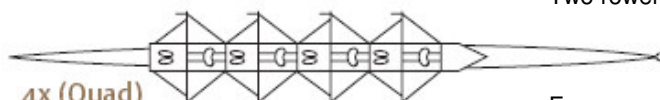
1x (Single)

One person with two oars



2x (Double)

Two rowers with two oars each



4x (Quad)

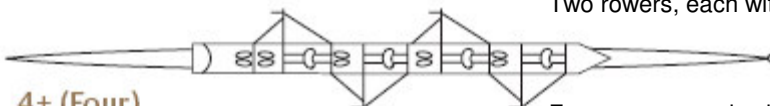
Four rowers, each with two oars

Sweep



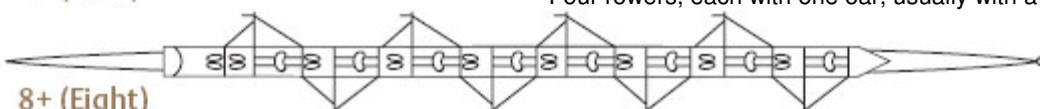
2- (Pair)

Two rowers, each with one oar, usually without a coxswain



4+ (Four)

Four rowers, each with one oar, usually with a coxswain



8+ (Eight)

Eight rowers, each with one oar, and a coxswain

Adult Rowing continued

NOVICE, INTERMEDIATE and RECREATIONAL CREW

Continue to fine tune your rowing technique. Improve your skills with drills and increase your aerobic capabilities with rowing. Instructors will teach sweep rowing or sculling. Prerequisites for this class are a minimum of one Learn to Row course or equivalent and a complete physical. We strongly recommend a cardiac evaluation for rowers older than 40. Starting times are listed and classes are 2 hours in length.

Sweep

11712	SSu	10a.m.	Jan 6-Feb 4	\$80
11713	SSu	9a.m.	Feb 10-Mar 18	*H \$80
12763	SSu	9a.m.	Mar 31-May 5	*H \$80
12764	TTh	6:30p.m.	Apr 10-May 10	\$80
12765	SSu	9a.m.	May 12-Jun 24	*H \$80
12767	TTh	5:30a.m.	May 15-Jun 14	\$80
12766	TTh	6:30p.m.	May 15-Jun 14	\$80

Sculling

11707	TTh	9a.m.	Jan 2-Feb 1	\$80
11708	SSu	10a.m.	Jan 6-Feb 4	\$80
11709	TTh	9a.m.	Feb 6-Mar 8	\$80
11710	SSu	9a.m.	Feb 10-Mar 18	*H \$80
11711	TTh	9a.m.	Mar 13-Apr 12	\$80
12753	SSu	9a.m.	Mar 31-May 5	*H \$80
12755	TTh	9a.m.	Apr 17-May 17	\$80
12762	TTh	9a.m.	May 22-Jun 21	\$80
12760	SSu	9a.m.	May 12-Jun 24	*H \$80

OPEN ROWING

Drop-in rowing is available for adults on a limited basis. An Open Rowing Card is good for 10 rowing sessions during regularly scheduled mid-day Level II or III Rowing classes, for a non-refundable fee of \$100. We must have a current float test and signed release form on file. Cards are valid for one year from the purchase date.



2006 US Masters Nationals
Women's 4x

Adult Rowing continued

COMPETITIVE CREW - ROWING IV: Adults

Be part of the TEAM! This is a competition and fitness program for the serious adult rower. It includes on and off the water conditioning, advanced rowing technique, and racing skills to prepare rowers for competition. On the water workouts may be determined by available daylight. We expect a strong commitment and regular attendance. Starting times are listed and classes are two hours. Saturday classes meet at 7a.m. unless otherwise noted.

Sweep

11694	SSu	8a.m.	Jan 6-Feb 4	\$80
11695	MWFS	5:30a.m.	Feb 5-Mar 23 *H	\$200
12701	MWFS	5:30a.m.	Mar 26-May 5	\$192
12702	MWFS	5:30a.m.	May 7-Jun 23 *H	\$200

Sculling

11692	SSu	8a.m.	Jan 6-Feb 4	\$80
11693	MWFS	5:30a.m.	Feb 5-Mar 23 *H	\$200
12696	MWFS	5:30a.m.	Mar 26-May 5	\$192
12698	MWFS	5:30a.m.	May 7-Jun 23 *H	\$200

2006
US Masters National Champions
Mixed Mst 8



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January 1; 15; February 17-19; April 8; May 26-28; June 16, 17.

***R** There will be no classes on Saturday, March 24 at Green Lake due to the Spring Rowing Regatta.

WINTER CONDITIONING: ADULTS

Let our certified strength and conditioning instructors help you achieve your New Year's resolution -- just join a conditioning class! This is a great way to increase strength and endurance. Class is 1.5 hours long. Some rowing experience is required.

13278	MW	6p.m.	Jan 3-Feb 7	*H	\$50
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Sailing

LEARN TO SAIL: Adults

Take advantage of the spring breezes with our Toppers! Learn rigging, sailing theory, water safety, and more. We provide all equipment. We suggest you bring extra clothes because of the "wetness" of the class!

Optional instructional sailing books are available for \$17. Starting times are listed; classes are 2.5 hours long on weekdays, 3.5 hours long on weekends.

12742	MW	6p.m.	Apr 16-May 9	\$135
12743	Su	12p.m.	Apr 29-Jun 10 *H	\$135
12745	MW	6p.m.	May 14-Jun 11 *H	\$135

SAILING CAMP: Youth

Monday through Friday, 10a.m. to 2p.m. for kids ages 11-17. Learn to sail this spring . . . be ready to enjoy summer on the water. New sailors learn small boat safety, rigging, and sailing the Topper sailboats. Experienced sailors may also enroll to learn racing techniques and improve basic skills!

We provide all equipment, including life jackets. Bring a sack lunch and extra clothes!

12792	M-F	10a.m.	Apr 9-Apr 13	\$125
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Quick History Bits

Seattle Parks and Recreation has been offering recreation opportunities since 1891. Outdoor aquatics programming has been a cornerstone of our comprehensive recreation focus with a long history of safety and fun:

- Green Lake Small Craft Center has a 59 year history of service to the community as a small craft center.

There are more than 400 parks and open areas in our system and more than 6,200 acres of park land.



The Pro Parks Levy Is Making a Difference In Your Community!

With funding approved for this eight year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the City. Our recreation facilities are providing innovative teen programs that enhance self esteem and build life-skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors and more.

We are cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

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Senior Courses

LEARN TO SAIL: Senior Adults

This is a golden opportunity to start from the water up, so to speak, to learn how to sail in our stable and fun one-person Topper sailboats here on Green Lake. Participants will also get the chance to experience capsizing during the first class, so we recommend towels and extra clothes are recommended! The program is geared toward active older adults; sailors must be 55 years or older to participate.

All supplies are included in the class price. Optional instructional sailing books are available for \$17. Start times are listed; classes are 2.5 hours long. The costs are listed.

12747 TTh 6p.m. Apr 17-May 10 \$75

12749 TTh 6p.m. May 15-Jun 7 \$75

Learn to Row: Seniors Adults

This Learn to Row class teaches seniors the fundamentals of rowing to seniors. It is an "on the water" class and will cover the basics of the rowing stroke, boat handling, water safety, rowing terms, coxing skills and equipment care. This class is specially designed for people ages 55 and older who are active and enthusiastic about learning to row. This class will meet for 2 hours.

12740 TTh 12:30p.m. May 1-May 31 \$35

Birds and Boats Intro to Canoe/Kayak for Seniors

This non competitive recreation class is perfect for people who enjoy the world around them. Learn the fundamentals of both canoeing and kayaking at a leisurely pace that allows you to get your feet wet. In addition to a paddling instructor the class will be accompanied by a Naturalist who will speak about the wildlife that inhabits the Green Lake area. This class is designed and offered to people who are 55 and older. The class is 2 hours long.

12725 Mon 12:30p.m. Apr 23-May 14 \$35

**Special Senior discount
pricing is reflected in the
fees for the senior classes.
Everyone is welcome!**

Kayak and Canoe

Membership Information: Seattle Canoe & Kayak Club

The Seattle Canoe & Kayak Club offers both competitive and recreational activities for flatwater canoeists and kayakers. Membership gives paddlers access to Club equipment for use on Green Lake and, through a check-out process, for use on local lakes and rivers. The Club has more than 80 boats, including sea kayaks, Olympic style racing kayaks, recreational canoes, and Marathon canoes.

Qualified instructors teach paddling classes for the general public and Club members can enroll in these classes for half price if space permits. All courses must have a minimum enrollment to cover costs.

The Club sponsors competitive races in the Seattle area that attract racers from all over the region. The Annual Ted Houk Memorial Regatta, which offers flatwater sprint racing, takes place on Green Lake in June of each year. The Club also sponsors casual time-trials on Green Lake the first Tuesday evening of each month from April to September.

Club meetings are held the first Tuesday of each month, and members are welcome to attend. The Club is a volunteer organization and relies on the membership to help organize races and social events, and to help keep the boathouse and boats in good repair. Club members are encouraged to volunteer for these activities.

Types of memberships:

1. **Governing Membership** -- For people 18 years of age and older. It entitles the individual to all privileges of membership, including the use of all Club equipment, and the right to vote, hold office, and possess a key to the boathouse. A current float test and signed risk and release form are required.
2. **Family Membership** -- For people living in the same household as a family unit. Individuals 18 years of age and older have all the rights of the individual governing membership. Family members younger than 18 do not have the right to vote, hold office, or possess a key to the boathouse; they must have a current float test and a risk and release form signed by a parent/guardian.
3. **Associate Membership** -- For people who support the mission of the Seattle Canoe & Kayak Club, but don't actually plan on paddling! It entitles the individual to vote at Club meetings and hold office.

Memberships are annual and expire December 31 of the year. The fee structure:

Governing:	\$210.00 per year (includes key)
Family:	\$210.00 per year (includes key), plus \$65.00 for each additional adult, \$35.00 for each child.
Associate:	\$15.00

Adult Training Group

Every Tuesday and Thursday evening, no matter what the blend of rain, sleet, or wind, a dedicated group of adult paddlers enjoys a workout. Club membership is required to participate, but you don't need to have prior experience to join in, do well, and have fun. Training boats are used if necessary, but you'll also be paired in team boats with more experienced paddlers in order to advance more quickly. Racing is not required, but opportunities will be available to represent the Seattle Canoe and Kayak Club at races around the Northwest.

FREE FUN PADDLE

The Seattle Canoe Club sponsors informal fun time trials the first Tuesday evening of each month, April 3 through September 4, at 6p.m.. This program is open to the general public free of charge.

Before participating you need to complete a float test and sign a risk and release form. You can take a float test at a city pool or by a certified lifeguard.

Kayak and Canoe

INTRODUCTION to KAYAKING

This course is for the beginner or novice, emphasizing good paddling technique. We will help you get your feet wet (so to speak....), answer your endless kayak questions and make sure you have lots of fun!

Minimum age is 16, or 10 if the youth is accompanied by an adult. Starting time is listed. Weekday classes are 2.5 hours; weekend classes are 3.5 hours long. We provide all equipment. The cost is \$80 for adults and \$50 for youth and seniors.

11702	Sat	9a.m.	Mar 3-Mar 17	\$80
12730	Sat	9a.m.	Apr 7-Apr 21	\$80
12731	TTh	6p.m.	Apr 24-May 3	\$80
12732	Sat	9a.m.	May 5-May 19	\$80
12733	TTh	6p.m.	May 15-May 24	\$80
12735	TTh	6p.m.	Jun 5-Jun 14	\$80
12737	TTh	6:00pm	Jun 19-Jun 28	\$80

INTRODUCTION to CANOEING

Join us for a fun, on-the-water course designed to build paddling skills for safe solo and partner canoeing. Our menu includes more than 20 paddling strokes used to control a canoe in a variety of situations. Minimum age for this class is 16, or 10 if the youth is accompanied by an adult. We provide all equipment. Starting times are listed below. Weekday classes are 2.5 hours long, weekend classes 3.5. The cost is \$80 for adults and \$50 for youth and seniors.

12727	MW	6p.m.	May 14-May 23	\$80
12726	Sun	9a.m.	May 13-Jun 3 *H	\$80
12729	MW	6:00pm	Jun 11-Jun 20	\$80

YOUTH CANOE AND KAYAK

The Seattle Canoe Club's Sprint Racing Team enables athletes to focus on competitive canoe and kayak racing. Participants can race in local, regional, and national competitions. Green Lake is one of a few national training centers designated by the U.S. Canoe and Kayak Team.

Introduction and Development

Participants will learn water safety and basic paddling skills in an assortment of canoes and kayaks. As skills increase, paddlers will learn race paddling techniques. The program is open to all boys and girls in grades six through twelve. Previous paddling experience is not required, and we provide all equipment. Starting time is listed, and classes are two hours long.

11721	TTh	4p.m.	Mar 6-Mar 29	\$56
12789	TTh	4p.m.	Apr 3-Apr 26	\$56
12790	TTh	4p.m.	May 1-May 24	\$56
12791	TTh	4p.m.	Jun 5-Jun 28	\$56

SPRINT RACING TEAM

Athletes train to improve technique and physical conditioning. Completion of the Introduction class and permission from the coach are required for enrollment. The team practices on Mondays, Wednesdays, Fridays and Saturdays. Classes are 2 hours long; Saturday classes start at 8a.m..

Winter

11720	2day/wk	3:30p.m.	Jan 3-Mar 23	*H	\$144
11720	3day/wk	3:30p.m.	Jan 3-Mar 23	*H	\$216
11720	4day/wk	3:30p.m.	Jan 3-Mar 23	*H	\$258

Spring

12771	2day/wk	3:30p.m.	Mar 26-Jun 15	*H	\$144
12771	3day/wk	3:30p.m.	Mar 26-Jun 15	*H	\$216
12771	4day/wk	3:30p.m.	Mar 26-Jun 15	*H	\$270

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General Information



Seattle Parks and Recreation Professional Staff

Ken Bounds -- Superintendent
Christopher Williams -- Operations Division Director
Kathy Whitman—Aquatics Manager
Patsy Siegismund — Aquatics Coordinator
Jason Frisk—Sr. Recreation Program Specialist
TomiJo McCarrier -- Recreation Leader

Online Registration Now Available!

In keeping with our environmental stewardship policies, Seattle Parks and Recreation is trying to reduce the amount of paper we use. Online registration for recreational courses is now available through “SPARC” for many classes throughout Seattle Parks. Stop by or call Green Lake to receive your account barcode and PIN.

2007 REGATTAS

GREEN LAKE SPRING REGATTA

Date: Saturday, March 24

Join us for the 45th Annual Green Lake Spring Regatta, a 1,000 meter course, offering events for every rower! Watch the Green Lake Crew website www.greenlakecrew.org for entry information and for the results afterwards!

TED HOUK REGATTA

Date: Sat. & Sun., June 16 & 17

The regatta is sponsored by the Seattle Canoe Club. It includes all Canoe/Kayak categories. Please contact the Green Lake Small Craft Center for information at **206-684-4074**.

REGISTRATION INSTRUCTIONS:

1. Complete the registration form on the following page with required **signatures**.
2. **NEW! Visit www.seattle.gov/parks to register online, using the SPARC registration system!** You can use Visa, MasterCard and American Express, or enclose checks or money orders payable as follows, and mail to the small craft center.

Please make checks payable to “**City of Seattle**” or “**C.O.S.**”

GREEN LAKE SMALL CRAFT CENTER
5900 West Green Lake Way North
Seattle, Washington 98103-5900
Phone: **206-684-4074** Fax: **206-684-4042**

4. Registration from one session to the next is not automatic nor are openings in a particular class guaranteed.
5. A senior citizen discount of \$1.50/hour class is available to adults ages 65 and older.
6. **Registration for Winter courses will begin December 4, 2006 and March 12, 2007 for Spring courses.**

REGISTRATION FORM

ADULT NAME (Last) _____ (First) _____ DATE _____

ADDRESS: _____ CITY _____ ZIP _____

PHONE (home) _____ (work) _____ (cell) _____

Emergency Contact _____ Emergency Phone(____) _____

EMAIL _____

ASSUMPTION OF RISK AND RELEASE FORM: Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate. Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. **Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years.**

X Participant Signature:** _____ **Date** _____

**Parent/Guardian for anyone 17years of age or younger

PARTICIPANT'S NAME		Birth Date	EO*	Sex	Class Number	Class Fee	OFFICE USE ONLY
Last	First						
Total							

***ETHNIC ORIGIN:** Information is used for statistical purposes and is not required for participation. A=Asian; B=Black/African American; H=Hispanic; N=Native American; W=Caucasian; O=Other.

Complete the following information if paying by credit card: Type (circle): Visa MasterCard AmExpress

Card Number: _____ Expiration Date: _____

Name as Shown on Card: _____ Signature: _____ Date: _____

You can also find this information on-line at www.seattle.gov/parks/boats/grnlake.htm.

2007 WINTER/SPRING BOATING

Green Lake Small Craft Center



SEATTLE PARKS AND RECREATION

c/o Green Lake Small Craft Center
5900 W Green Lake Way N
Seattle, WA 98103

Change Service Requested

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